



SEMESTER II

COURSE DETAILS – 1
SUBJECT NAME – HATHA YOGA TEXTS - 1 (HP, GHS & HR)
SUBJECT CODE – BAYSMJ-201

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| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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Learning Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

| | BLOCK-01: General Introduction to HathaYoga |
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| UNIT-01 | Overview & literal meaning of “Hatha Yoga” |
| UNIT-02 | Historical and Traditional Foundations |
| UNIT-03 | Diet and Practice Guidelines |
| UNIT-04 | Hatha Siddhi and Modern Relevance |
| | BLOCK-02: Hatha Yogapradipika: Asana, Pranayama, Shatkarma, Mudra, Bandha, Naad, Kundlini |
| UNIT-01 | Introduction to Hatha Yoga Pradipika |
| UNIT-02 | Technique, benefits and precautions of Asana (15 Asana) |
| UNIT-03 | Technique, benefits andprecautionsofPranayama- (Suryabhedi, Ujjai,Sheetli,Sitkari,Bhastrika, Bhramari, Murchha, Plavani) |
| UNIT-04 | Technique, benefits and precautions of Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati) |

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| | BLOCK-02: Hatha Yogapradipika: Asana, Pranayama, Shatkarma, Mudra, Bandha, Naad, Kundlini |
| UNIT-05 | Technique, benefits and precautions of Bandha Techniques |
| UNIT-06 | Techniques, benefits, and precautions of Mudra Practices |
| UNIT-07 | Naadanusandhan-Concept, types and Outcomes |
| UNIT-08 | Kundalini-Concept, Technique, Precautions and Outcomes |
| | BLOCK-03: Gheranda Samhita-Shatkarmas, Asanas, Pranayama, Mudras, Pratyahar, Meditation and Samadhi |
| UNIT-01 | Introduction to Gheranda Samhita |
| UNIT-02 | Shatkarmas – Techniques Overview, benefits and precautions |
| UNIT-03 | Technique, benefits and precautions of Asana in the Gheranda Samhita |
| UNIT-04 | Kundalini-Concept, Technique, Precautions and Outcomes |
| UNIT-05 | Technique, benefits and precautions of Pranayama and Mudra |
| UNIT-06 | Brief Introduction to Pratyahar |
| UNIT-07 | Meditation- Concept, Types and Technique |
| UNIT-08 | Samadhi- Concept, Types and Technique |
| | BLOCK-04: Hatha Ratnawali - Asana, Pranayama, Shatkarma, Mudra, Bandha, Naad, Kundlini |
| UNIT-01 | Outlines of chapters of Hatha Ratnavali: four yogas, Date & authorship of Hatha Ratnavali (HR)- Yama and Niyamas of Srinivasabhatta-Philosophy and Theology in Hatha Ratnavali- |
| UNIT-02 | concept of 'Hatha' – Ayurvedic thought in Hatha Ratnavali- |
| UNIT-03 | Astakarmas- Tantra practices in Hatha Ratnavali. eight purificatory techniques, eight/nine breathing techniques, |
| UNIT-04 | ten mudras, names of Kundalini and naadis, |
| UNIT-05 | names of eighty-four postures, Samadhi and Nada. |



Prescribed Text Book

1. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
2. Saraswati, S. N. (2012). Gheranda Samhita. Yoga Publication Trust, Munger Bihar, India.
3. सिंह, नरेन्द्र:, (2021). हठयोगसारसंग्रह, (हठ प्रदीपिका और घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन, नईदिल्ली

COURSE DETAILS – 2
SUBJECT NAME – HATH YOGA PRACTICUM
SUBJECT CODE – BAYSMJ-201P

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| CREDIT: 2 | CA: 13 | SEE: 37 | MM: 50 |
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Learning Objectives:

Following the completion of the course, students shall be able to:

- State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices
- To demonstrate and instruct undermentioned yogic practices.

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| | BLOCK-01: Yogasana (Recommended by Swami Ramdev) |
| UNIT-01 | 12YogicPostures: MandukAsana-Variations1&2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, BhujangaAsana variations1,2&3, Shalabhasana-Variations1,2&3, Markatasana-Variations1,2&3, Pawanmuktasana-Variations1,2&3, ArdhaHalasana, PadvrittaAsana-Variations1&2And Dwichakrikasana- Variations 1 & 2; As Recommended by Swami Ramdev. |
| | BLOCK-02: ProneLyingAsanas |
| UNIT-01 | Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana, Chakrasana, Viparit Naukasana. |
| | BLOCK-03: Pranayama |
| UNIT-01 | Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeeth. |

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| | BLOCK-04: Shatkarma |
| UNIT-01 | Kapalbhati (Vyutkram, Sitkram), Rabar Neti |
| | BLOCK-05: Mudra&Bandh |
| UNIT-01 | Jalandhar Bandh, UdyanBandhand Moolbandh, MahaBandh Mudra. |

TEXT BOOKS

- Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
- Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
- Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
- Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
- Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

COURSE DETAILS – 3
SUBJECT NAME – SOCIAL PSYCHOLOGY (ELECTIVE)
SUBJECT CODE – BAYSMN-202(A)

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|------------------|---------------|----------------|----------------|
| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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Learning Objectives:

- To enable students to appreciate how individual behavior is influenced by social and cultural contexts.
- To enable students to develop an understanding of functioning in different groups and organizations and to understand how social problems can be analyzed in terms of various social psychological theories.

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| | BLOCK-01: Introduction to Social Psychology |
| UNIT-01 | Meaning and definitions of Social Psychology |



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| | BLOCK-01: Introduction to Social Psychology |
| UNIT-02 | Goals of Social Psychology |
| UNIT-03 | History of Social Psychology |
| UNIT-04 | Scope of Social Psychology |
| | BLOCK-02: Attitudes |
| UNIT-01 | Nature and Components of Attitude |
| UNIT-02 | Formation of Attitude |
| UNIT-03 | Change in Attitude |
| UNIT-04 | Measurement of Attitude |
| | BLOCK-03: Groups Behavior |
| UNIT-01 | Meaning and Definition of Group and Crowd |
| UNIT-02 | Distinction between Group and Crowd |
| UNIT-03 | Social Facilitation: Meaning, Definitions, and Causes |
| UNIT-04 | Social Loafing: Meaning, Definitions, and Causes |
| | BLOCK-04: Group Morale |
| UNIT-01 | Meaning and Definition of Group Morale, Criteria of High and Low Group Morale |
| UNIT-02 | Determinants of Group Morale and Methods of Improving Group Morale |
| | BLOCK-05: Aggression |
| UNIT-01 | Meaning and definitions of Aggression, Types of aggression |
| UNIT-02 | Theoretical Approaches to Aggression (Social Learning Theory, Frustration-Aggression Theory) Measures of Reducing Aggression |

Prescribed Text Books

- Suleiman, M. (2009). Ucchar Samaj Manovigyan, New Delhi: Motilal Banarasi Das.
- Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

Reference Books

- Baron, R.A. & Byrne, D (1998). Social Psychology: Theories, research and application. New York: Me Graw Hill.
- Semin, G.R. & Fiedler, K, (Eds.) (1996). Applied Social Psychology, London: Sage.

COURSE DETAILS – 3

SUBJECT NAME – HISTORY OF ANCIENT INDIA (SUNGA TO 1206 AD)

SUBJECT CODE – BAYSMN-202(B)

| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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| | BLOCK-01: Post-Mauryan Dynasties and Foreign Rulers | | |
| UNIT-01 | Post-Mauryan Dynasties: Sunga Dynesty, Satavahana Dynesty: Gautamiputra Shatakarni, | | |
| UNIT-02 | Foreign Dynasties: Indo Greeks: Demetriyas and Minander, | | |
| UNIT-03 | ShakaKshatrap: Western Kshatrapas, Kushan Dynesty: Vim kadafishash and kanishka | | |
| | BLOCK-02: Gupta Dynasty: Rise, Fall, and Golden Age Debate | | |
| UNIT-01 | Gupta Dynesty: Chandragupta I, Samudragupta, Chandragupta II, kumargupta and Skandgupta, | | |
| UNIT-02 | Decline of the Imperial Guptas Cultural Achievements of the Gupta Period: Debate about Golden Age | | |
| | BLOCK-03: Early Medieval India: Harsha to the Paramaras | | |
| UNIT-01 | Harshvardhana: Political Achievements; Contribution to Religion Learning, Rule of Pratiharas, Mihirbhoj; Rule of the Palas: Dharmapal, | | |
| UNIT-02 | Paramars of Malwa: The conquests of Vakapati Munj and his conflict with the Chalukya king Tailap, Bhoja's conquests and his cultural achievement. | | |
| | BLOCK-04: Rajput Powers and Early Muslim Invasions | | |
| UNIT-01 | Invasion of Mahmood Ghazni: Main Events, His defeat by local dynasties in the Indian campaign of Mahmud of Ghaznavi, | | |
| UNIT-02 | Gahadvalas; Govindachandra, Jayachanda, Chauhanas of Shakambhari: Vighraharaj IV, Prithviraj III- Battle with Mohammad Ghori, | | |
| UNIT-03 | Main Events of Gori in India and Impact of his Invasion. | | |



| | BLOCK-05: Early Deccan and South Indian Kingdoms |
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| UNIT-01 | Rule of Badami Chalukyas: Pulakeshin II, Vikramaditya II; Pallavas: Mahendravarman I, Narasimhavarman II; |
| UNIT-02 | Cultural Achievements of Pallavas; Cholas: Emergence and Early History: Rajaraj I-Restoration of the Chola Empire and Expansions of Empire, Rajendra, Kulottunga I, and Administration of Chola's |

Recommended Readings:

- Goyal, S.R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur
- Narain, A.K., The Indo-Greeks, New Delhi, 1996.
- V.S Agarwal, Indian Art, Varanasi, Prithvi Prakasahan, 1972.
- Percy Brown, Indian Architecture, Bombay, D.B. Taraporevala Sons & Co, 1940
- James Harle, The Art & Architecture of the Indian Subcontinent, Harmondsworth, Penguin, 1988
- Sharma, R.S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.
- Raychoudhury, H.C., Prācīn Bhārata Kā Rājānītika Itihāsa (Hindi), Allahabad,
- Singh, U., A History of Ancient and Early Medieval India, From The Stone Age To The 12th Century, Delhi 2016
- Basham A. L. The Wonder that was India, London
- Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019

COURSE DETAILS – 3

SUBJECT NAME – TOURISM RESOURCES IN INDIA (ELECTIVE)

SUBJECT CODE – BAYSMN-202(C)

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| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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Learning Objective:

The module gives information of countries tourist places of national and international importance and it helps students to know the background elements of tourism resources.

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| | BLOCK-01: Introduction to Tourism Resources |
| UNIT-01 | Concept of Resource, Attraction & Product in Tourism |
| UNIT-02 | Meaning & Characteristics of Tourism Resources |
| UNIT-03 | Typology & Nature of Tourism Resources |
| UNIT-04 | Nature & Scope of Tourist Places in India |
| | BLOCK-02: Natural Resources in Tourism |
| UNIT-01 | Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park |
| | BLOCK-03: Pilgrimage Destinations in India |
| UNIT-01 | Hindu Pilgrimage Destinations: CharDham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark |
| UNIT-02 | Buddhist Pilgrimage Destinations: Lumbini, Bodhgaya, Sarnath, Kushinagar, - Sanchi, Ajanta |
| UNIT-03 | Jain Pilgrimage Destinations: Mount Abu, Sharavanbelgola |
| UNIT-04 | Islamic Pilgrimage Destinations: Delhi, Agra, and Fatehpur Sikri |
| UNIT-05 | Sikh Pilgrimage Destinations: Patna, Nanded, Golden Temple (Amritsar), Hemkund Sahib (Uttarakhand) |
| | BLOCK-04: Socio-Cultural Resources |
| UNIT-01 | Importance of Socio-Cultural Resources in Tourism |
| UNIT-02 | Socio cultural resources - Important fairs and festivals with case studies of Kumbha Mela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra & Chhath Pooja. |
| | BLOCK-05: Hill Stations & Coastal Destinations |
| UNIT-01 | Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty |
| UNIT-02 | Study of Beaches and Islands and their environs with case studies of Beaches in Goa, Kerala, Andaman & Nicobar Islands |



Prescribed Text Books:

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiro, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Michel George, The Penguin guide to the monument of India, Penguin Book, 1990
- Other

References

- Mitra, Devla, Buddhist Architecture, Calcutta.
- Tourists Resource of India- Ram Acharya.
- Himachal Pradesh, The Land, the people by S.S. Negi

COURSE DETAILS – 3
SUBJECT NAME – संस्कृतम्-II (ELECTIVE)
SUBJECT CODE – BAYSMN-202(D)

| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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| | BLOCK-01:संज्ञाप्रकरणम् | | |
| UNIT-01 | वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग- | | |
| UNIT-02 | उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञा: | | |
| | BLOCK-02:ईषोपनिषद् | | |
| UNIT-01 | मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः | | |
| | BLOCK-03:हितोपदेशः-मित्रलाभः | | |
| UNIT-01 | श्लोकव्याख्या, निबन्धात्मकप्रश्नाः | | |
| | BLOCK-04: मूलरामायणम् एवं पातञ्जलयोगसूत्रम् | | |
| UNIT-01 | मूलरामायणम् – ५१-१०० श्लोकपठनम्, पदच्छेदः, पदपरिचयः | | |
| UNIT-02 | पातञ्जलयोगसूत्रम् – समाधिपादः (२६-५१सूत्राणि) सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः | | |

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| | BLOCK-05: धातुरूप मात्रम् एवं अलङ्कार परिचयः |
| UNIT-01 | धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम् (वाक्यरचनाअनुवादश्च) (परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष् (उभयपदम्) दा, तन्, चुर, भक्ष्, तुद् |
| UNIT-02 | अलङ्कारपरिचयः- उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः |

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डॉ०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डॉ०सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचानुवादकौमुदी - डॉ०कपिलदेवदिवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डॉ०श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

COURSE DETAILS – 4
SUBJECT NAME – INDIAN PHILOSOPHY & CULTURE
SUBJECT CODE – BAYSID-203

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| CREDIT: 4 | CA: 25 | SEE: 75 | MM: 100 |
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Learning Objectives:

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture

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| | BLOCK-01: Introduction to Indian Philosophy |
| UNIT-01 | Literal Meaning and Definition of Philosophy, Role of Philosophy in Human Life, Characteristics Of Indian Philosophy |
| UNIT-02 | Bodies of Indian Philosophy: Vedic-Non-Vedic |



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| | BLOCK-01: Introduction to Indian Philosophy |
| UNIT-03 | The Three Main Areas of Philosophy –PramanMimamsa, (Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics) |
| | BLOCK-02:Introduction to Six Schools Of Vedic Philosophy |
| UNIT-01 | General Introduction and Theory (Tattva Mimamsa & Ethics) |
| UNIT-02 | Foundational principles and key concepts of the six schools of Vedic philosophy: Nyaya Darshan,Vaisheshika Darshan, Samkhya Darshan, Yoga Darshan, Mimamsa Darshan, Vedanta Darshan |
| | BLOCK-03:Introduction to Jain, Buddhist, Charvak Philosophy |
| UNIT-01 | General Introduction and Theory (Tattva Mimamsa & Ethics) |
| UNIT-02 | Foundational principles and key concepts of Jain Darshan, Buddhism,Char-wakDarshan |
| | BLOCK-04: Introduction and Salient Features of Indian Culture |
| UNIT-01 | Literal Meaning and Definition of Culture, Concept and Importance of Culture |
| UNIT-02 | General Introduction to The Base Scriptures of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita. |
| UNIT-03 | PurusharthaChaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, PanchaMahayajna, Debt-Triad, Co-Existence - Universal Relationship |

References/ supporting books

1. दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय दर्शन, आचार्य बलदेव उपाध्याय- चयनित पाठ्यांश
3. धर्म दर्शन संस्कृति, डॉ० रूप किशारे शास्त्री
4. Teaching yourself philosophy: Indian Philosophy- Dr. R.P. Sharma
5. An outline of Indian Philosophy- M. Hiriyana

COURSE DETAILS – 5
SUBJECT NAME – BASIC OF SANSKRITAM
SUBJECT CODE – BAYSAE-204

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| CREDIT: 2 | CA: 15 | SEE: 35 | MM: 50 |
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| खण्ड – 1 | संस्कृतभाषपरिचयः |
| इकाई – 1 | संस्कृतभाषा परिचय योगशास्त्र के अध्ययन में संस्कृत का महत्त्व। |
| इकाई – 2 | महेश्वरसूत्र, प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान। |
| इकाई – 3 | संस्कृतवर्णमाला स्वर व व्यंजन वर्णज्ञान सहित, वर्णों के उच्चारणस्थान और प्रयत्न-ज्ञान, संस्कृत भाषा की रोमन ध्वन्यात्मक लिपि |
| खण्ड – 2 | शब्दरूपपरिचयः |
| इकाई – 1 | कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, |
| इकाई – 2 | अजन्त- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित। |
| इकाई – 3 | हलन्त- जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित। |
| इकाई – 4 | सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित। |
| खण्ड – 3 | सन्धिः, क्रियापदपरिचयो वाक्यरचनानुवादश्च |
| इकाई – 1 | वाक्याङ्ग, पुरुष, लकार। धातुरूप- भू, पठ्, लिख्, गम्, कृ धातुओं के रूप (लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्र) |
| इकाई – 2 | सन्धि की परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) |
| इकाई – 3 | अव्यय परिचय, वाक्यरचना और संस्कृत संख्याएं (एक से सौ तक) |

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदयः (१) - डॉ. आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशनम्, हरिद्वारम्
2. रचनानुवादकौमदी - डॉ. कपिलदेव दिववेदी, विश्वविद्यालय प्रकाशन, वाराणसी।

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी
2. Perry E D: A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR: A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
4. DEVAVANIPRAVESIKA: Robert p, Goldman: MLBD-NEWDELHI.



COURSE DETAILS – 6
SUBJECT NAME – YOGASANA SPORTS EVALUATION TECHNIQUE & MARKING SYSTEM
SUBJECT CODE – BSYSSE-205

| CREDIT: 3 | CA: 25 | SEE: 75 | MM: 100 |
|-----------|---|---------|---------|
| | BLOCK-01: Introduction to Yogasana Sports | | |
| UNIT-01 | History of Yoga Sports | | |
| UNIT-02 | Introduction of National Yogasana Sports Federation, Purpose and Goals of Yogasana Sports | | |
| UNIT-03 | Athlete Groups and Events, Organizational Chart and their Role & Responsibilities in Yogasana Sports | | |
| | BLOCK-02: Rights and Obligations in Yogasana Sports | | |
| UNIT-01 | Rights and Obligations of Athletes | | |
| UNIT-02 | Rights and Obligations of Team Coaches | | |
| UNIT-03 | Rights and Obligations of Judges | | |
| UNIT-04 | Difficulty Level Charts of Yogasana | | |
| | BLOCK-03: Syllabus of Yogasana Championships | | |
| UNIT-01 | Syllabus of Yogasana Championships like, Traditional Yogasana Individual, Artistic Yogasana (single), Artistic Yogasana (Pair), Rhythmic Yogasana (Pair), Artistic Yogasana (Group) | | |
| | BLOCK-04: Judging and Officiating in Yogasana Competitions | | |
| UNIT-01 | Key Judging Points, Micro Marking System, Discipline, Foul, Warning, Protest, Announcement of Scores and Final Result | | |
| UNIT-02 | Roles and Responsibilities of Officials | | |
| UNIT-03 | Anti-Doping Policy of NYSF and FOP (Field of Play) for Yogasana Competitions | | |
| UNIT-04 | Samples of Fitness Certificate & Risk Certificate | | |

Reference

Code of Points, National Yogasana Sports Federation. <https://yogasanasport.in/code-of-point/>

COURSE DETAILS – 7
SUBJECT NAME – ENVIRONMENT SCIENCE
SUBJECT CODE – BAYSVA-206

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|------------------|---------------|----------------|---------------|
| CREDIT: 3 | CA: 13 | SEE: 37 | MM: 50 |
|------------------|---------------|----------------|---------------|

Learning Objectives:

Following the completion of these course students shall be able to

- Identify about environment and ecosystem.
- Identify renewable and non-renewable resources.
- Identify about Biodiversities, Conservation and Pollution.

| | |
|----------------|---|
| | BLOCK-01: INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM |
| UNIT-01 | Introduction to Environmental Studies and Ecosystem; the Multidisciplinary Nature of Environmental Studies, Scope and Importance, Need of Awareness |
| UNIT-02 | Ecosystem and its Functions, Aquatic Ecosystem, Environmental Components of Ecosystem |
| UNIT-03 | Conservation of Natural Resources, Food Chains, Food Web |
| | BLOCK-02: NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE |
| UNIT-01 | Resources: Renewable & Non-Renewable Biodiversity, Values of Biodiversity, Natural Resources (Renewable & Non-Renewable Resources) |
| UNIT-02 | Pollution -Air Pollution, Soil Pollution, Smog their Causes and Impacts |
| UNIT-03 | Role of an Individual in the Conservation of Natural Resources |
| UNIT-04 | Equitable use of resources for sustainable lifestyles |
| | BLOCK-03: BIODIVERSITY & CONSERVATION |
| UNIT-01 | Levels of biodiversity, Environment segments, Biosphere, Lithosphere, Hydrosphere, Atmosphere, Pollutants, Degradable and Non-degradable pollutants |



UNIVERSITY OF PATANJALI

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|----------------|--|
| | BLOCK-03: BIODIVERSITY & CONSERVATION |
| UNIT-02 | Conservation of mineral resources, Oxygen depletion |
| | BLOCK-04: ENVIRONMENTAL POLLUTION |
| UNIT-01 | Environmental pollution, types, causes, effects, and controls, Prevention & Control of Pollution |
| UNIT-02 | Environment Protection Act, Wild life Protection Act |

TEXT BOOKS:

- Erach Bharucha: Text Book for Environment Studies, UGC & Bhartiya Vidyapeetha Institute of Environmental education and research, Pune.

REFERENCE BOOKS:

- Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner.
- Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India.